

Nutrition at BCSD

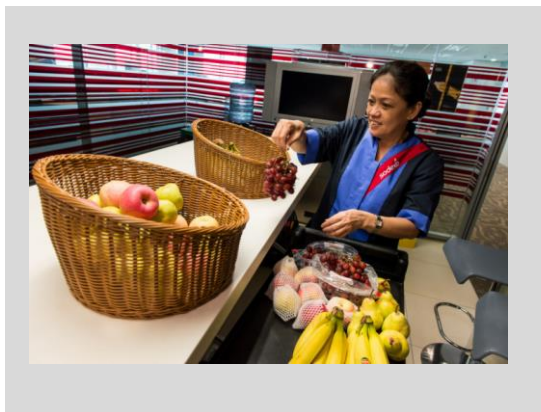
October 2021



Wellness Policy and Initiatives

Did you know Beaufort County School District has a formal Wellness Policy? This is the policy for all schools that promotes healthier learning environments. The policy includes rules and regulations for foods provided in the lunch line as well as in classrooms, vending machines, and even some after school activities.

Beaufort County School District participates in a variety of wellness initiatives to encourage healthier lifestyles for students. Each school may select initiatives that are a better fit for their student body. Some schools have gardens, others may participate in run/walk events or Cooking Matters programs provided by the Low Country Food Bank. We encourage all parents to take the time to ask their school what Wellness Initiatives are going on that they may not even know about!



Encouraging New Foods at School

School meals are a great time for children to try new foods, especially fruits and vegetables. At Sodexo, we strive for a variety of foods on our menus for breakfast, lunch, and afterschool snacks. A food that may be a new food for your child, may be a familiar favorite for a fellow student. Sometimes, when students see another student enjoying a food, he or she will be more likely to try something new.

Eating Seasonally



Fall is officially here! Which means, fall seasonal produce is about to hit the shelves of your supermarket. Eating produce that is in season has many benefits, such as providing more flavor, more nutrients, and even reduces cost at the store. The best way to get your seasonal produce is at the farmers' market, that way the produce is fresh and local!



Fall Vegetables:

- Eggplant
- Beets
- Kale
- Sweet Potatoes
- Squash
- Wild Mushrooms
- Zucchini

Fall Fruits:

- Apples
- Cranberries
- Grapes
- Figs
- Guava
- Kumquats
- Pears
- Pomegranates

Last Bite Nutrition Tips

Halloween is often filled with high sugar, low-nutrient foods. Consider switching it up with “Smart Snack” approved Halloween goodies instead! Smart Snacks follow USDA guidelines that require a limited amount of sugar and saturated fat. They also must have fruit or vegetable as the first ingredient or be at least 50% whole grain!

“Smart Snack” Halloween Treats

- Whole Grain Pretzels
- Plain or Yogurt-Covered Raisins
- Low-fat String Cheese
- Squeeze Applesauce or Yogurt
- Unsalted, Unbuttered Popcorn
- Popsicles made with real fruit
- Whole Grain Gold Fish Crackers
- Fresh fruits and veggies with dip



Sodexo at Beaufort County School District
Beaufort, SC
www.sodexoUSA.com

Instagram: @SodexoBeaufortCountySchools

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